5 STEPS to Participate in Shared Decision-Making About Medications.

1. **CONSIDER** that a decision about your medication may need to be made.

2. **SHARE** goals of care and preferences.

3. **ASK** about the benefits, risks and expected outcomes of each option and listen to what the healthcare provider says about reasonable expectations.

4. Feel like you **UNDERSTAND** each option, ask questions if not sure.

5. **HELP** make an informed decision about medication options and let your healthcare provider know if you change your mind.

For more information visit www.deprescribing.org/deprescribing-in-ltc-framework/
Having conversations about your medications.

Take part in decisions about your medications with your healthcare provider. Consider using the prompts or questions below to help you when having these important conversations.

- “It is important to me that….”
- “What are the different options available to me? Are there any non-drug options?”
- “What are the risks and benefits of each option?”
- “I would prefer….”